



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Patrick Wendemuth

Number: 140

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44) M

Total time: 27:48

Speed: 10.79 km/h

Running performance: 5:33 min/km

Rank in course/Total: 19 (of 40)

Rank in course/Men: 14 (of 21)

Best time in course: 17:54

Rank in category: 4(of 5)

Best time in the category: 19:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hammerecke	1.38	7:02	5:05	4	1:57	16	2:28	1.38	7:02	5:05	4	1:57	16	2:28
Hammerecke	2.34	13:19	5:41	4	3:52	14	4:46	3.72	20:21	5:28	4	5:49	14	7:14
Finish	1.28	7:27	5:49	4	2:13	14	2:40	5.00	27:48	5:33	4	8:02	14	9:54